



Heart of the Rockies Packing List and Deer Hill Outfitting Store Price Sheet

Deer Hill
EXPEDITIONS



Since 1984

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Packing List

Heart of the Rockies 2019

Please pack or plan to acquire from the Deer Hill Expeditions (DHE) Store the number of each item indicated below. If the item is available for rental or purchase in the Deer Hill Store, it is indicated as such in the DHE Store Availability column.

Our leaders will assist participants in packing for the program.

ITEM	QUANTITY REQUIRED	DHE STORE AVAILABILITY
CLOTHING		
Shirts		
T-shirt, short sleeved cotton	3	Purchase
Cotton Sweatshirt, something comfortable for travel days	1	Purchase
Synthetic T-shirt, short sleeved	2	Not Available
Warm Upper Body Layers (All Warm Upper Body Layers must fit when worn together)		
Warm Upper Body Layer 1: Vest, wool, fleece, or synthetic (no down, no cotton)	1	Rental
Warm Upper Body Layer 2: Jacket/Sweater, fleece or wool (no down, no cotton)	1	Rental
Warm Upper Body Layer 3: Jacket, heavy weight fleece or synthetic, soft shell (no down, no cotton)	1	Rental
Base layers		
Synthetic Long Underwear Top, medium/heavy weight	2	Purchase
Synthetic Long Underwear Bottom, medium/heavy weight	2	Purchase
Rain Gear		
Rain Jacket: MUST BE WATERPROOF	1	Rental
Rain Pants: MUST BE WATERPROOF	1	Rental
Pants		
Casual Pants, comfortable (cotton ok)	1	Not Available
Lightweight Nylon Pants, for hiking and sun protection (no cotton)	1	Not Available
Warm Pants, fleece or wool (no cotton)	1	Rental
Other Clothing		
Underwear	7	Not Available
Sports Bras	3	Not Available
Swimsuit (nylon shorts ok)	1	Not Available
Nylon Shorts	1	Not Available
Cotton Socks, for Basecamp	1	Not Available
Synthetic Socks, or wool (no cotton)	6	Purchase



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FOOTWEAR		
Boots *See gear guide for information on boots	1	Not Available
Camp Shoes, closed toe (e.g. old sneakers)	1	Not Available
BEDDING		
Pillow, for basecamp	1	
Mountain Sleeping Bag *See gear guide for information on Mountain sleeping bags	1	Rental
Compression Sack free with DHE sleeping bag	1	Rental
Sleeping Pad (closed cell foam, 3/8" - 1/2")	1	Rental
LUGGAGE		
Backpack *See gear guide for information on backpacks	1	Rental
Daypack, school backpack size	1	Rental/Purchase
ACCESSORIES		
Heads and Hands		
Warm Hat, wool or fleece	1	Purchase
Sun Hat, Baseball, truckers, or full brimmed to protect back of neck and ears	1	Purchase
Sunglasses	1	Purchase
Sunglass Retainer Strap	1	Purchase
Warm Gloves, fleece or wool.	1	Purchase
Work Gloves (with leather/suede palms)	1	Purchase
Headlamp	1	Purchase
Extra Batteries for Headlamp (AA or AAA)		Purchase
Extra Glasses/Contact Lenses (if applicable)		Not Available
Mosquito Head Net	2	Purchase
Bandanas		
Hygiene, Personal Care		
Cotton Towel, for beach or bath at Basecamp	1	Purchase
Toothbrush	1	Purchase
Toothpaste (1 - 3 ounce size)	1	Purchase
Soap (1 - 3 ounce size)	1	Purchase
Lip Balm	1	Purchase
Menstruation Products (please bring more of these than you think that you will need, if applicable)		Not Available
Insect Repellent (1 - 3 ounce size)	1	Purchase
Sunscreen (1 - 3 ounce size)	1	Purchase
Lotion (1 - 3 ounce size)	1	Purchase



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Backcountry Dining		
Cup	1	Purchase
Bowl, with lid	1	Purchase
Spoon	1	Purchase
Other Items		
Watch with alarm: Important as you will not have your phone to use as a clock.	1	Not Available
Water Bottles: sturdy, non-crushable, secure lid, minimum 1 liter/1 quart each	2	Purchase
Ziploc bags: gallon size	2	Purchase
Trash Compactor Bags: heavier than regular trash bag. About 3-5 mils thick	3	Purchase
Notebook/Journal	1	Purchase
Pen, Pencil		Purchase
Laundry Bag	1	Not Available
MONEY		
Return Travel Money, to cover baggage fees, unaccompanied minor fees, etc. See Travel Information section for more detail.		Not Available
Copy of Insurance Card, 2-sided copy, for your child to carry		Not Available
OPTIONAL		
Book		Purchase
Camera (Disposable film cameras are available at our store)		Purchase
Crazy Creek Chair		Purchase
Extra Batteries/ SD card for Camera		Not Available
Gaiters, calf length.		Purchase
Moleskin and athletic tape (suggested, if you are prone to blisters)		Not Available
Neck Gaiter or Buff		Not Available
Pocket Knife NOTE: Please inform field staff if you bring a pocket knife.		Not Available
Postage Stamps		Purchase
Sarong or Cotton Sheet		Not Available
Toiletries: small brush, hand sanitizer, nail clippers, dental floss, and small shampoo/conditioner		Not Available
Hiking Poles		Not Available
Climbing Shoes		Not Available

Deer Hill Outfitting Store Pricelist 2019

Items Available for Rental

ITEM	RENTAL COST
Backpack	\$5/day; \$80 maximum/program
Daypack	\$10/program
Duffel Bag	\$7/program
Fleece Jacket	\$20/program
Fleece Pants	\$25/program
Fleece Vest	\$10/program
Rain Jacket	\$25/program
Rain Pants	\$20/program
Sleeping Bag	\$5/day; \$90 maximum/program
Sleeping Pad, Foam	\$6/program
Stuff Sack	\$3/program
Stuff Sack, Compression	\$6/program (free w/sleeping bag rental)

Items Available for Purchase

ITEM	PRICE	ITEM	PRICE
Bandana	\$ 2.50	Mug/Cup	\$ 10.00
Baseball Cap	\$ 15.00	Notebook	\$ 2.00
Batteries, AA/AAA	\$ 1.00	Pen/Pencil	\$ 0.50
Book, SW Circle Quest	\$ 12.00	Soap, Dr Bronner Castile 2oz	\$ 4.50
Bowl, with lid	\$ 5.00	Socks, Liner	\$ 3.50
Bucket	\$ 35.00	Socks, Wool	\$ 10.00
Camera	\$ 10.00	Spoon/Spork	\$ 3.00
Carabiner, Accessory	\$ 4.50	Sunglasses	\$ 12.00
Chair, Crazy Creek	\$ 45.00	Sunglass Retainer	\$ 5.00
Compactor Bag, Plastic	\$ 1.00	Sunscreen, 4oz	\$ 7.00
Day Pack, Osprey	\$ 50.00	Sweatshirt, Hooded	\$ 40.00
Gaiters, Calf Length	\$ 18.00	Tank Top	\$ 22.00
Gloves, Liner	\$ 10.00	Toothbrush	\$ 2.00
Gloves, Wool	\$ 13.00	Toothbrush cover	\$ 1.00
Gloves, Work	\$ 5.00	Toothpaste	\$ 2.00
Headlamp	\$ 24.00	T-Shirt, Long sleeve	\$ 25.00
Headnet	\$ 3.00	T-Shirt, Short sleeve	\$ 20.00
Insect Repellent	\$ 8.00	Vacuum bottle	\$ 22.50
Lip Balm	\$ 3.00	Warm Hat	\$ 18.00
Long Underwear, Bottom	\$ 25.00	Water bottle, Nalgene	\$ 10.00
Long Underwear, Top	\$ 25.00	Water bottle, Stainless Steel	\$ 15.00
Lotion	\$ 2.00	Ziploc bag	\$ 0.50
Map	\$ 10.00		